

School Breakfast Program

INFORMATION – MENUS – PROMOTION



Distributed by:



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Linda McCulloch
Superintendent

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Dear Administrator,

Research has shown that breakfast is the most important meal of the day for all of us. There is clearly a link between eating breakfast and being ready to learn. One of the primary objectives of Montana School Nutrition Programs is to promote a healthful learning environment in schools by making school breakfast available to as many students as possible.

Schools should serve breakfast because ...

- Studies show that breakfast helps students learn.
- Tardiness declines, attendance improves, and there are less discipline referrals.
- Students are more alert; the few minutes it takes to add breakfast to the school day are offset by students' increased ability to learn.
- School breakfast offers a convenient option to parents on mornings where family schedules are rushed.
- Like lunch, breakfast is eligible for reimbursement by the USDA, and the paperwork is minimal.
- Breakfast is simple to prepare and serve, even if your school doesn't have a kitchen.

In this packet you will find a wealth of information on how to start your own breakfast program, from the methods of serving breakfast to sample menus for schools with and without kitchens. Schools can choose what they charge for paid breakfasts based on their costs and reduced-price breakfasts are \$0.30. The USDA provides reimbursement for every breakfast served to students.

Portions of the information contained in this packet was adapted from the *Discover School Breakfast Toolkit* developed by the U. S. Department of Agriculture's Food and Nutrition Service, the American School Food Service Association – Child Nutrition Foundation, and the National Dairy Council. For a complete copy of the toolkit, please visit www.fns.usda.gov/cnd/breakfast/toolkit.

Contact School Nutrition Programs at (406) 444-2501 if you have any questions.

Sincerely,

Christine Emerson, Director
School Nutrition Programs